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Students Laura Calderon, Gloria Hernandez and Ana Zavala performed Mexican dances.

all when you come again! Others put in their requests for encounters at Valentine's Day and

Easter celebrations, which the families look forward to providing.



Pictured in their caps and gowns are PBC Literacy Coalition graduates Maria Elena Mendez and Minerva Senorine. Joining them in celebrating their success are, front row student Maria Sanchez, Glades Tri-City Family Education Center coordinator Anita Koch; back row students Laura Calderon, Eduarda Alonso, PBC Literacy Coalition Executive Director Darlene Ketrup, Maria V. Sanchez and Ery St. Louis Job Coordinator.

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toward the goal of attaining their GED, which they hope to earn in the next several months. In addition to their academic pursuits, both women are employed full-time. Sister Maria Elena at the St. Mary's Catholic Church in Pahokee, where she is actively involved in community service activities and Minerva at Pratt Whitney. Sister Maria Elena

came to this country from Mexico, and has worked hard to learn the English language. Minerva came to the U.S. from Jamaica to further her education with the goal of becoming a successful business woman.

Both ladies were commended for their dedication to education and to making a difference in the lives of others.



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First group of 'Do the Right Thing' nominees expected to be selected in February

By Tracy Whirls

The first group of nominees to be recognized in the pilot "Do the Right Thing" program, sponsored by the Palm Beach County Sheriff's Office in conjunction with Pioneer Park, Rosenwald, Belle Glade Elementary and Canal Point Elementary Schools, is expected to be selected next month.

According to PCSO Deputy Michael Bair, the idea for the "Do the Right Thing" program was born in 1990 during a Miami Police award ceremony at which a teenager was recognized for turning in a loaded gun found at his school, despite pressure from his peers not to do so.

Community volunteers who witnessed the impact the positive recognition had on this teenager, decided to join forces with the Miami Police Department and development on-going recognition program for students.

The Palm Beach County Chapter of "Do the Right Thing" is a nonprofit corporation dedicated to recognizing and rewarding youth excelling in a worthwhile endeavor.

"This program is for all kids, not just those that are at risk," Deputy Bair said. "It promotes good behavior and encourages children to be good peers for the rest of kids. A troubled child, if you congratulate him, it may change his life for the better."

The program, Deputy Bair said, ensures that youth are not only rewarded for "doing the right thing," but are publicly recognized as role models for their peers.

Deputy Bair said responses at local schools, where he met with teachers earlier this month has been positive.

The program is designed to be operated by teachers and school faculty as a means of promoting good or sometimes better behavior from the children and to reinforce concepts such as fair play, cooperation, kindess,

Students recognized by the program will receive t-shirts, certificates, an incentive package including school supplies, food coupons from local businesses and other awards.

Volunteer board members are still being sought and donations are needed from area businesses and individuals to provide the prize to be awarded to the children. For more information on the program, contact Deputy Bair at 996-1670.

The Shepherd's School

Honor Roll List announced

K-5
All A's and B's
Gabriella Gold
Michelle Henson

1st
All A's
Adam Dixon
Marco de los Santos

All A's and B's
Kenneth Bell
Wil Christmas
Betty Gonzalez
Sarah Herring
Santonia Montgomery
LaShay Symons

2nd
All A's
Ricky Christmas
Katelyn Maynor
Devin Williamson

All A's and B's

Belle Glade Elementary to host Florida Writes Workshop for parents Saturday

Parents are cordially invited to the Florida Writes workshop Saturday, Jan. 22 from 9:30 a.m. - 1 p.m. at Belle Glade Elementary School.

The workshop will be held in the media center.

Students from each fourth grade class will teach or demonstrate a component of the Florida Writes process. The components that will be modeled are:

- 1) The two types of writing done on the Florida Writes test;
- 2) Reading and interpreting prompts;
- 3) Brainstorming and planning;
- 4) Showing and not telling;
- 5) Scoring.

Door prizes will be given away and refreshments served.

Ms. Hankerson will conduct the workshop with a general overview and allow parents to work cooperatively to respond and score their response to a writing topic. Parents will also be given handouts that will assist them in helping their children with writing.

We are looking forward to seeing you there. Spanish and Creole interpreters will be available to translate as needed. All participants will receive a certificate of participation.

For more information, please contact Johnnie Hankerson at Belle Glade Elementary at 993-4490.

TANGLEWOOD

2 Sun City

Active Affordable RETIREMENT

✓ MODEL HOME SALE

COMFORTABLE 2 BEDROOM

front living room, screened in ample storage patio, includes kitchen appliances, carpet, drapes, A/C, and Clubhouse (move-in ready).

WAS \$45,565

\$41,359 #249

ROOMY 2 BEDROOM

front living room, screened in, 11'11" x 55'8", \$46,980 #196

SPACIOUS 2 BEDROOM

11'11" x 56'8", \$54,755 #207

COMFORTABLE 3 BEDROOM

Screen room overlooks neighborhood park, 11'11" x 55'8", \$59,498 #219

WAS \$65,549

\$59,498 #219

ROOMY 3 BEDROOM

11'11" x 55'8", \$67,084 #259

SPACIOUS 3 BEDROOM

11'11" x 56'8", \$88,100 #244

✓ COMMUNITY

Enjoy the home ownership and active retirement lifestyle you've dreamed about at a price you can afford! A rates community for seniors age 55+, offer both great quality and quality of life. Beautiful walled setting close to shopping, restaurants and medical facilities.

WAS \$101,468

\$88,100 #244

✓ LOCATION

Sebring is the "best little city in the state," surrounded by lakes, golf courses and clear air. It's home to Central Florida's largest concentration of attractions, yet away from the congestion and high cost of cities. Good shopping, good restaurants, good medical, great golf and fishing are just a part of its appeal.

ACTIVE LIFESTYLE

15 Acre Recreational Complex

• Huge 28,600 sq. ft. Clubhouse

• Indoor Swimming Pool

• Concert Stage

• Arts & Crafts Room

• Card Room & Library

• Commercially Equipped Kitchen

• Billiards

• Lighted Tennis & Shuffleboard Courts

• Lap Pool & Spa Pool

• Whirlpool

• Billiards

• Pottery

• Picnic Grounds

• Outdoor Dance Pavilion & Bandstand

• Activities Director

• 14 Acre Golf Courses

• 36 Holes Right Next Door

• 8 Nearby Fishing Lakes

7.34 bank financing

Trade your RV or Motor Home

2 Sun City

TANGLEWOOD

U.S. 27 North

Sebring

(1/2 Mile North of Super Wal-Mart)

1-800-386-4545

open daily

visit our website at:

www.tanglewd.com

Directions:

From Boca & Fort Lauderdale

North on I-95 to 70,

west on 70 to 27,

North on 27

From Ft. Myers

East on 80 to 29,

North on 29 to 27,

North on 27



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K-5

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Gabriela Gold
Michelle Henson

1st

All A's
Adam Dixon
Marco de los Santos

2nd

None

3rd

None

4th

All A's and B's
Heather Butler

5th

None

6th

All A's and B's
Jonathan Dixon

7th

None

8th

All A's
Joanna McClellan

All A's and B's

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politeness and manners by providing a reward system for those children who have shown themselves by their behavior, deeds, and/or accomplishments to be worthy of recognition.

"The qualifications to be nominated will vary from child to child as no two kids are alike or act the same," Deputy Bair said.

Children might be recognized for good behavior, such as always following the rules, never getting into trouble, doing his or her work and trying to keep up good grades.

Alternately, a child might be recognized for good "deeds," such as stopping a fight, turning in found money or property, helping out without being asked, or donating their time to help others.

Finally, a child might be recognized for his or her accomplishments, such as changing their behavior for the better, working toward a goal of bringing up his grades or completing a project worthy of congratulations.

Deputy Bair explained that each school has appointed a liaison who will pick up the teachers' nominations forms each month and submit them to the board of directors who will select the 25 top students from each school for recognition each month.

Of those, five students from each school will be recognized as "Do the Right Thing" winners, with one student being selected as the Glades area overall winner each month.

Student recognition, by the program, will receive t-shirts, certificates, an incentive package including school supplies, food coupons from local businesses and other awards.

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21 Sun Lake

Active
Affordable
RETIREMENT

✓ MODEL
HOME SALE

COMFORTABLE
2 BEDROOM

front kitchen design, two room sunroom, ample storage, patio, includes kitchen appliances, carpet, drapes, A/C and blinds/ceiling in ready.

WAS \$45,365

\$41,359 #249

ROOMY 2 BEDROOM

front room over looks neighborhood park, rear sunroom, sun design, carpet, golf cart garage, lots of house for the money.

WAS \$35,997

\$26,980 #196

SPACIOUS 2 BEDROOM

front room over looks neighborhood park, rear sunroom, sun design, carpet, golf cart garage, lots of house for the money.

WAS \$35,549

\$29,498 #219

COMFORTABLE
3 BEDROOM

Screen room over looks neighborhood park, rear sunroom, sun design, carpet, golf cart garage, lots of house for the money.

WAS \$36,549

\$29,498 #219

ROOMY 3 BEDROOM

front room over looks neighborhood park, rear sunroom, sun design, carpet, golf cart garage, lots of house for the money.

WAS \$37,906

\$27,084 #259

SPACIOUS 3 BEDROOM

front room over looks neighborhood park, rear sunroom, sun design, carpet, golf cart garage, lots of house for the money.

WAS \$101,468

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7.34 bank financing

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Directions:

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Fad diets can cause you to lose more than the excess weight



This week I've seen at least five magazines promising diets that will cause you to lose ten pounds by Valentine's Day.

Of course, these diets are nothing new, just the same old fad diets repackaged with new names.

The problem is some of them are dangerous to your health.

It's hard for some people to

understand that just because you lose weight, it doesn't mean that you're automatically healthier.

Fad diets become popular because some people have success with them. Nearly any diet can cause an average person to lose five pounds the first week. Most of it is water weight.

The down side is that this is not permanent weight loss and as soon as you go off the diet, the weight will come right back.

Fad diets that require you to eat only one type of food may cause you to lose the wrong kind of weight. That is, you can

lose muscle -- and even bone -- instead of fat. The scale may say you weigh less, but you might be in worse shape physically than when you started the "diet."

Diet pills can also be dangerous, as many people found out with the "fen-fen" scare. Instead of just losing weight, some women lost their health. Some even lost their lives.

There's a new diet pill on the market now that is gaining popularity.

When I read about it, I was surprised to find that in order for the pill to work, the dieter

must stay on a strictly controlled diet. It seems to me that if they would just stay on that diet, they would lose weight with or without the medication. Of course the medication does give them some incentive. If they eat too much fat while on these pills, they can have uncontrollable bowel movements.

Another diet that is still making the rounds is high in fat, even animal fat, and low in carbohydrates. This diet is sometimes prescribed by doctors to certain patients who have diabetes. Just because it is pre-

scribed by doctors for some patients does not make it safe for everyone else. The diabetic who are on this diet under a doctor's care are being carefully monitored. The average dieter does not have someone checking his or her blood pressure, blood sugar and cholesterol levels every week.

How can you safely lose weight? The answer is simple, but not popular.

Eat a healthy balanced diet and get plenty of exercise. By a healthy balanced diet, I mean a low-fat diet that includes plenty of fresh fruits and vegeta-

bies. Most doctors agree that it is safe to lose an average of two pounds per week. If you try to lose weight any more rapidly than that, it could be dangerous unless you are under a doctor's care.

Before making any change in your diet or exercise plan, check with your doctor. A diet can be like prescription medication. It should be tailored to your metabolism and health status.

And don't forget to eat your breakfast -- just make sure it is low-fat.

ER Chronicles: It was a pretty big heart attack



Arlen R. Stauffer, MD

By Arlen R. Stauffer, MD
"Oh...Martha!" Harold's weak voice rounded the corner into the kitchen. Martha heard a gasping sound, and rose from her chair. "Umph!"

A thump on the oak floor in the living room demanded Martha's presence. She flew around the corner, her eyes wide open. "Harold!"

"Oceans' ER, this is Medic 312."

The radio on the counter behind Dr. Tammy Cortez came to life. Cortez shift in the ER today had been relatively quiet up to this point. This was all about to change.

"We're three minutes out with a 54 year old man in shock." The paramedic's voice rose a notch as she continued the radio report. "He complained of chest pain, and collapsed onto the floor a few minutes later. His blood pressure is 80 over 50; he's pale and clammy."

Cortez rose from her chair. ER nurse Phil moved toward Resuscitation Room 3 to get ready. The secretary called the EKG technician and the Respiratory Therapist.

The entire, ER team converged on Resuscitation Room 3 as the paramedic rolled Harold's stretcher into position. Six pairs of hands descended onto this suffering man.

As Phil started a second IV line in Harold's arm, another nurse connected the cardiac lead wires, and technicians applied the EKG pads to the chest and drew blood for lab-testing from an arm.

Cortez asked quick, focused questions. She knew that she might not have much time to get useful information from Harold; he could be unconscious at any moment.

"The chest pain just started about an hour ago? And you feel it in your shoulder, too?"

Harold nodded. He closed his

eyes and tried to draw a deep breath from the oxygen mask. "And you had a stroke in October?"

"Yes, Harold whispered."

Cortez shook her head and frowned, but Harold could not see her from his position on the bed.

Phil glanced over at Cortez. "His BP is 78 over 50. Looks like a junctional rhythm at a rate of 90 on the monitor."

Cortez nodded as she scanned the EKG rolling off of the machine.

"He's having an acute anterior MI."

The words confirmed what everyone had feared. Harold was having a big heart attack. His heart muscle was so very serious one. This is the cardiologist, Dr. Moreman. We've been reviewing all of your past history, and we feel it would be too risky to give the 'clot-buster' heart attack drug, because of the stroke you had a few months ago."

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OPINION PAGE

Feel strongly about local issues?**The Sun
INVITES YOU TO
SPEAK OUT!**

(561) 996-6636

*Speak Out is our 24-hour opinion line.**Call 996-6636 to express your opinion or ask questions about public issues. You are not required to give your name. While we want you to speak out freely, the newspaper reserves the right to edit calls for clarity, brevity, relevance and fairness.***Florida's dirty secret**

Florida's got a "dirty" secret. It's growing rapidly and it's coming to your neighborhood.

It's litter and illegal dumping, which together have become the state's number one solid waste problem.

Even though our litter law calls for a 50 percent reduction, research shows litter is up by 17 percent.

It's not just a threat to our natural resources, but also to our communities and neighborhoods.

It's unsightly, unhealthy, lowers property values, is bad for the economy, costs you tax dollars and even attracts criminal activity.

Sheriffs and other law enforcement professionals report that when neighborhoods are cleaned up, crime goes down.

Litter is becoming so difficult for local communities that mayors from across the nation gathered in Tampa this fall for the first U.S. Congress of Mayor's Litter Summit.

During the conference the mayors shared their litter problems and their success stories in this growing fight against blight.

It's not just local governments which are spending on litter cleanup. Last year Florida businesses reported spending close to \$2,400 annually to keep their properties clean of litter. And that is in addition to the taxes they pay in support of Florida's Solid Waste Management Trust Fund which generates \$55 million per year.

Interesting, less than 1 percent of the trust fund has been directed toward litter cleanup efforts so far.

Many state and local agencies, not to mention Florida's 13 1/2 million citizens, have a stake in litter and trash and its negative impact on water quality, wildlife habitat, highways, communities, public health and safety and local economies. But nobody is clearly in charge of the issue.

There are ways each of us can help get rid of this unwelcome intrusion into our communities and neighborhoods.

Become personally involved in the Florida Great American Cleanup during March and April this year.

Some 100,000 of your neighbors and fellow Floridians are expected to team up with businesses and local government to clean up, fix up and keep up their communities and neighborhoods during the 2000 Great American Cleanup.

To volunteer for the cleanup in your neighborhood, call Keep Florida Beautiful at 1-800-688-1959 or visit their website at www.KeepFLbeautiful.org for more information. Let state officials and your local legislators know that you want them to do their

share through effective leadership and adequate funding to help clean up litter and trash in your neighborhood and Solid Waste.

And, finally, make a new millennium resolution not to litter, yourself, or sit quietly when friends or family members litter.

If we all pitch in, this is one difficult community and environmental problem we can clean up for good in the new millennium.

What, no more free coffee?

Why are the city commissioners taking away our free coffee?

As an employee of the City of Belle Glade I need to know why we will not be receiving free coffee daily at our work site.

I have talked with other employees and I was informed that the city was spending \$7,500 a year for coffee at the taxpayers expense. It was also noted that Commissioner Wilkerson has begun to question the cost and suggested this item be placed in another budget.

Please do not take away our coffee. We need it to perform.

Thank you.

Editor's note: City Manager W. Shelton Smith said the removal of the employees' free coffee was done in error and has been reinstated. He did note, however, that this item will be looked at and discussed during next year's budget workshops.**Bridge work inconvenient**

What's the status of the bridge across the canal near the U-Save Supermarket? The powers that be need to realize having that bridge closed is **highly inconvenient** for many, many people.

No work seems to be in progress to open it in a timely manner. What gives?

Thank you.

Response: Director of Public Safety and Chief of Police Michael Miller says that project will take several months. He also noted the SR 715 Bridge in Chosen will be under construction possibly beginning in August of 2000.**Editor's Note:** Glades General Hospital Chief Executive Officer James E. Purcell asked if he could respond to last week's caller concerning the City of Belle Glade's insurance carrier. The following are his comments:

"I empathize with your concerns relative to the rising insurance costs and the need for companies to make cost effective decisions.

Speak Out continues on Page 5

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**The Sun****A PLEDGE TO OUR READERS**

We pledge...

✓ To operate this newspaper as a public trust.

✓ To help our community become a better place to live and work, through our dedication to conscientious journalism.

✓ To provide the information citizens need to make their own decisions about public issues.

✓ To report the news with honesty, accuracy, purposeful neutrality, fairness, objectivity, fearlessness and compassion.

✓ To use our opinion pages to facilitate community debate, not to dominate it with our own opinions.

✓ To correct our own errors, and to give each correction the prominence it deserves.

✓ To provide a right to reply to those about whom we write.

✓ To treat people with courtesy, respect and compassion.

PUBLISHER'S NOTICE: All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation or discrimination based on race, religion, sex, handicap, familial status or national origin, or intention to make any such preference, limitation or discrimination. We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis. **ERRORS:** The liability of the publisher on account of errors or omissions from any advertisement will in no way exceed the amount of the charge for the space occupied by the item to serve, and then only for the first incorrect insertion.

To voice your opinion about Glades issues, or to respond favorably or unfavorably to articles printed in the paper, we encourage you to write us a letter. Send to:

COMPLAINTS**Letter to the Editor****Carnival was a success****Dear Editor:**

On behalf of The Lakeside Community Renewal Inc., I would like to thank everyone who helped make our carnival a success. Thanks to the City of Pahokee for providing the place to have the carnival and thanks to the neighbors surrounding the carnival area who were willing to endure the noise for four nights so the families of our community could have something special to do.

Special thanks goes to the Pahokee Police Department's Sgt. Dennis Hodges, and Officers Hanks, Campbell, and Solts; The Palm Beach County Sheriff's Office Bicycle Unit, Deputies Ray Ruby, Mike Johnson, Lucy Quinones, and

Thomas Padgett; and Citizens Observer Patrol arranged by Deputy Gary Pace, for their part in keeping the event a peaceful one. Frequently, a small group of troublemakers ruins such an event for the majority who are there to enjoy themselves. Thankfully, the high visibility of law enforcement provided the fair-goers with a feeling of security and prevented all but the smallest infractions which were handled with speed and efficiency.

And finally, thanks to you at *The Sun* for your announcement for our event. We are always proud when we see Pahokee mentioned positively in your publication. Thanks again!

Yours very truly,
Shirley L. Jarrell, President

Investing for Retirement:**The Sure Thing**

Many people across the country stand in line at their local convenience store every week to play lottery. They believe that's the only way they can retire a millionaire. Think again. Radford University finance professor Clarence Rose says if people would invest the money they spend every month on the lottery, their retirement would be a sure thing rather than a chance in a million.

There are three legs to the comfortable retirement stool. The first is Social Security if they've worked for a total of 10 years. The system provides a safety net for those who haven't saved enough for retirement and it is biased in favor of lower income people. The average monthly benefit in the year 2000 for a single person will be \$804 and a little more than \$1,400 for a couple. About one third of the population's only retirement income is Social Security and for about two thirds it's at least half," says Rose. "That should be an important wake up call for people to take more responsibility." Many debate whether Social Security will be around for those who pay in to it today. RU finance professor Jim Ross says some schools of thought are undecided whether Social Security will still be paying benefits in the future. "Legislators have nudged the age up for collecting benefits and we may see an imposition of a means test," says Ross. "For example, if you were born after 1959, your retirement age is 67 and it's 66 for those born between 1943 and 1954." Over time, Congress will make some changes and benefits will continue to be paid."

The second leg of the stool is a benefit plan given by the employer. Over the years these pension plans have changed, says Ross. The first generation of the pension is called the "defined benefit" plan. Employers defined the level of

retirement benefit the employee would receive depending upon final salary and years of service. This was a promised benefit; however, through the years some were denied this retirement money because their employers went out of business.

In most areas this plan has been changed to a "defined contribution" plan. In which the employer will contribute a certain amount each year into the worker's pension fund. A trustee will keep track of the fund and how it's invested. Employees have choices on how it is invested; therefore, they have to keep up-to-date on their options so their investments will show larger returns. This is a way employees can take responsibility for their own money. Long term investing results show "common stocks" give superior results compared to bank accounts and bonds," says Ross, "but there is more risk involved." As people get older the more conservative in investing they become since they don't have time to make up for losses. If you have more than 15 years before retirement, stocks have always given more return."

The third leg of the stool is voluntary investing through tax deferred retirement plans such as a 401k plan. Through this plan, money is taken directly from the paycheck before taxes and many companies will match a percentage of the employee's contributions. This fund is tax deferred until it's withdrawn when the employee retires at 59 1/2 or later. "This is a great deal," says Ross, "it is important that people invest the maximum whenever possible. After a while they don't even realize it's coming out of their paycheck."

The next type of voluntary plan is IRA. Investors can contribute up to \$2,000 annually

Investing for Retirement/See Pg. 5

About letters

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The Sun

417 NW 16th Street #6, Belle Glade, FL 33430



Sports this week

Glades Central Soccer team takes on Royal Palm Friday at home



Varsity soccer coach Lori Motel gives the team instructions before their game.

By Tracy Whirls

While soccer may be the most popular participation sport for both boys and girls in the United States, in the Glades football is king—so much so that the Glades Central varsity boys soccer team must wait until football season ends before they can schedule any home matches. But the young men on the squad and their coach Lori Motel soon hope to make soccer as exciting for fans as football has always been.

"We're in a building season," said Coach Motel, a New Yorker who played soccer in college and is in her first year coaching the varsity squad. "Our team is composed of excellent individual athletes who need to learn to play as a team."

Comprised largely of Haitian and Mexican immigrants who are new to the area, the young men on the squad are used to playing "pick up" soccer in their homelands, where soccer is the national pastime.

"Communication has been our biggest problem and the lack of being exposed to playing on organized teams or participating in structured athletics," Ms. Motel said. "One-on-one, they can dominate any one playing in this area. Teamwise they have no idea because they haven't played as a team since they were little."

After playing together since school began in August, Ms. Motel said the team is beginning to gel and thinks they have a good chance at beating their opponents in their upcoming home matches.

On Jan. 21 the Glades Central



The Glades Central Raiders soccer team, led by Captain Wikkelmann Lebrun, right, take the field.

Raiders Soccer team will face Royal Palm.

"When they played before they tied zero-zero," Coach Motel said. "They tend to play as well as the opposing team; this may be a real confidence booster."

On Jan. 28 the team will seek revenge against Jupiter, who defeated them 4-2 in their last meeting.

"We played our best game of the season against them. It was only the third game of the season and they played like a team that had played together for a while."

"Two of the goals we messed up—they were arguing and not paying attention. Others came from mistakes from not knowing the game as well as they should."

Having spent a season working

together as a team, Ms. Motel thinks the squad is ready to win.

"They played well against one of the stronger teams. They have tremendous potential."

Players to watch include:

• Team Captain Wikkelmann Lebrun, the team's sweeper, who like a football safety is the "open man, the last resort before the opposition makes a goal. His job is to run down the guy and take the ball." Coach Motel said Wikkelman has an excellent attitude and work ethic. "He tries to get the team to work at this. He has incredible speed, is the fastest on the team." Coach Motel said of the senior who is also a state champion track star in the relay and pole vault.

The other seniors on the squad



The Glades Central varsity soccer team includes, front row, left to right, Yves Joseph, Roland Noel, Wikkelmann Lebrun, Joseph Dunkens, Andreon Aricy, Diesuel Galetti, back row Coach Lori Motel, Ramero Martinez, Osnel Charles, Ronel Jean, Joans Thelemaque, Wilmer Benitez, Dieunel Fleurant, Cesar Routio and Booknes Thermidor.



Halfback Wilmer Benitez plays midfield.

are Andreon Aricy, the striker, who the coach describes as a good athlete, the team's strongest man who provides "strong shots from the outside," and Diesuel Galetti, the kicker for the varsity football team who just joined the squad. "Diesuel is the stopper—he provides strength for the defense and has a strong, long kick."

Among the underclassmen who hope to return next year:

• Ramiro Martinez, a junior, who plays right fullback and one of those the coach describes as "most improved."

• Osnel Charles, a freshman, described as "very fast...with a



Seniors on the Glades Central Soccer team are Captain Wikkelmann Lebrun, Dieunel Fleurant and Andreon Aricy.

strong desire to excel at soccer." Coach Motel said he is also versatile. "You could put him in any position and he would do well."

• Wilmer Benitez, a sophomore halfback plays midfield, supporting the offense and has improved over the last several weeks. Like the quarterback on a football team, his job is to try to recover the ball in midfield."

Also at halfback is Joans Thelemaque, a freshman, who the coach said "gets better with every game," and sophomore Daniel Alonso who the coach said, "has a good attitude and good work ethic."

• At wing is freshman Roland

Noel, whose job is to move the ball up the outside of the field and pass it back into midfield for a goal shot. Roland, the coach said, "will get better with age."

Dukene Joseph is the team's striker, whose job is to score points; face to face with the other team's goalie. "Joseph is very fast—so fast he runs right over the ball," Coach Motel said.

Rounding out the team are Yves Joseph, goalie Ronel Jean, stopper Dieunel Fleurant, left fullback Cesar Routio and halfback Booknes Thermidor.



The Pahokee freshmen boys basketball team includes: Jawanus Hill (4), Andre Powell (11), Christopher Kellman (15), Demir Boldin (43), Freddie Greene (12), Alphonso Smith (1), Antavious Williams (10), Jesse Brown (22), and Kennard Burton (20) with Coach Darren Hill.

Glades Day faces Kings Academy at home Friday

In last week's action, the Glades Day "Gators" varsity basketball team brought their record to 4-10, defeating North Lauderdale Academy 76-25, but losing to Benjamin 92-52 and Hollywood Christian 84-72.

After a week on the road, the Gators will play Kings Academy Friday and North Broward

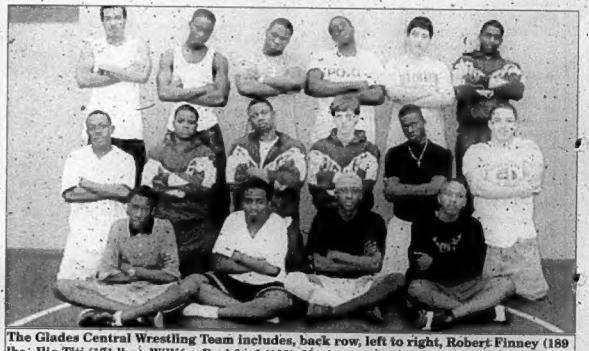
Saturday at home, seeking revenge after losing to both teams earlier this season.

In last week's action, Jesse Montalto scored 53 points, 28 rebounds and 14 steals, while Ryan Shuckford racked up 50 points and 21 rebounds.

This week, Coach Dick Schmidt and Johnathon Lively and Tony

Porter are the ones to watch as both are playing consistent basketball. Also noteworthy are the two most improved players, Buddy Dobrow and Kamron Hayes.

To win this week, the coach said the team must keep playing and using good basketball skills.

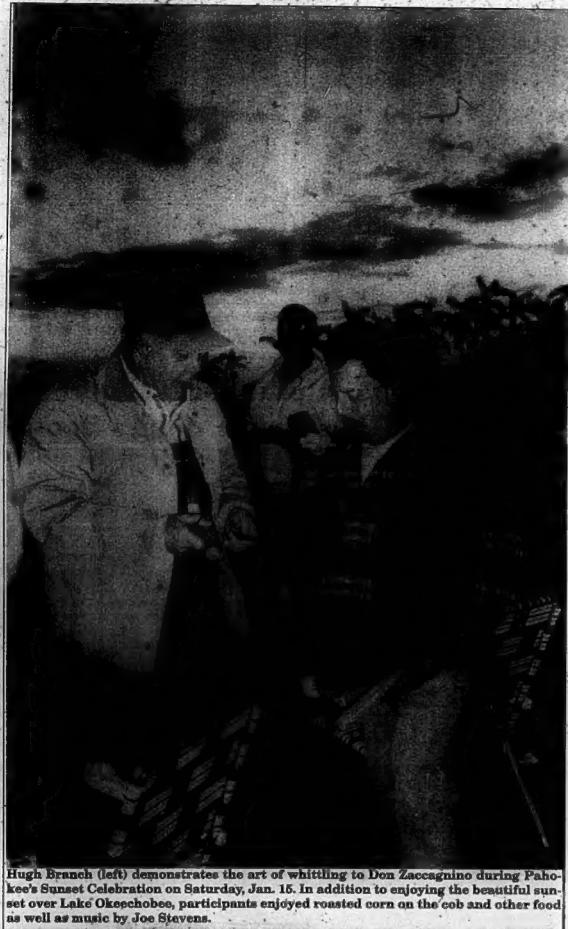


The Glades Central Wrestling Team includes, back row, left to right, Robert Finney (189 lbs.), Ilio Titi (171 lbs.), William Beckford (169), Neghrtrice Joseph (275 lbs.), Chris Goggans (155), Sidney Desamour (152); middle row Anthony Otis (152), Johari Harold (145), Mario Fraser (162), Brian Sherman (135), Kurtavion Hall (140), Jose Rodriguez (189/215) and front row, Balou Faustin (191), Miguel Pierre (145), Omar Cross (190) and Andrew Roberts (145).

Sun sports this week

Palmetto Blue Devils at Clewiston, 6 p.m.	January 23, 2000	Glades Central Raiders wrestling meet at Wellington, TBA
Palmetto Blue Devils vs. Pope John Paul, 6 p.m.	January 23, 2000	Palmetto Blue Devils at Pope John Paul, 6 p.m.
Glades Day Gators, home, Kings Academy, 4 p.m.	January 23, 2000	Glades Day Gators vs. North Broward, home, 4 p.m.
Glades Day Gators at Lantana, 6:30 p.m.	January 23, 2000	Glades Day Gators vs. Lantana, 6:30 p.m.
Glades Day Gators at Jupiter Christian, 5 p.m.	January 23, 2000	Glades Day Gators at Jupiter Christian, 5 p.m.
Glades Central Raiders at Forest Hill, 7:30 p.m.	January 23, 2000	Glades Central Raiders at Forest Hill, 7:30 p.m.
Glades Central Raiders wrestling meet at Forest Hill, 7:30 p.m.	January 23, 2000	Glades Central Raiders wrestling meet at Forest Hill, 7:30 p.m.
Glades Central Raiders at Lake Worth, 7:30 p.m.	January 23, 2000	Glades Central Raiders at Lake Worth, 7:30 p.m.

For your game results to 996-2391



Hugh Branch (left) demonstrates the art of whittling to Don Zaccagnino during Pahokee's Sunset Celebration on Saturday, Jan. 15. In addition to enjoying the beautiful sunset over Lake Okeechobee, participants enjoyed roasted corn on the cob and other food as well as music by Joe Stevens.

"MOORE" SELECTION "MOORE" VALUE "MOORE" SAVINGS

1997 Chrysler Town & Country LXI 7 Passenger. Leather. Loaded Too Nice to Describe! NADA Book: \$21,875 A Steal At... \$18,599	1998 Chevy Camaro (Photo does not show actual car see lot - ours has V-Tappet) V6, T-Tops, Fwd. 2-Door, Auto. NADA Book: \$16,725 A-GUARANTEE \$12,999	1994 Chevy S10 Pickup A/C, P. Steering, AM/FM Stereo w/Cassette \$4,999
1993 Oldsmobile Cutlass SL Coupe Tilt, Cruise, P. Windows, P. Locks. One Owner. \$6,999	1995 Jeep Grand Cherokee Laredo One Owner, 50,000 Miles. Loaded, Loaded. \$11,999	1995 Ford Taurus LX Sedan One Owner, P. Seat, Aluminum Wheels. Loaded. \$8,599
1995 Chevrolet Cavalier Coupe One Owner, 36K Miles. Like New. \$5,999	1998 21-Foot Stratos Pro-Elite Bass Boat 225 Evinrude Vindicator motor. Loaded, Loaded, Loaded. \$21,999 Includes Tandem Trailer	LIKE BRAND NEW 1998 21-Foot Stratos Pro-Elite Bass Boat 225 Evinrude Vindicator motor. Loaded, Loaded, Loaded. \$21,999 Includes Tandem Trailer
<small>30 DAY/3000 MILE WARRANTY ON ALL CERTIFIED VEHICLES 3 DAY/150 MILE MONEY BACK GUARANTEE</small>		

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STEVE MOORE of BELLE GLADE

Proudly presents....Chevy Truck Pro Night

1700 E. Palm Beach Road • Belle Glade, Florida
Wednesday, January 26, 2000 • 6:00 - 8:00 p.m.



Roland Martin

Star of "Fishing with Roland Martin"
Qualified for '98 & '99 FLW Tour Championships
Qualified for 22 B.A.S.S. Masters Classics
B.A.S.S. Angler of the year (a record 9 times)
20 B.A.S.S. Tournament Victories



Tommy Biffle

Qualified for the '97 & '98 FLW Tour Championships
Qualified for 9 B.A.S.S. Masters Classics
1998 B.A.S.S. Grand National Champion
1994 Red Man All-American Qualifier
Qualified for 6 Red Man Regionals



Tom Mann, Jr.

Qualified for 1998 FLW Tour Championship
Qualified for 6 B.A.S.S. Masters Classics
1987 B.A.S.S. Grand National Champion
1992 B.A.S.S. MASTER Top 100 Champion
Qualified for 6 Red Man Regionals



Larry Nixon

1983 B.A.S.S. Masters Classic Champion
Qualified for the '98 & '99 FLW Tour Championships
Qualified for 9 B.A.S.S. Masters Classics
2 B.A.S.S. Angler of the Year titles
4-time B.A.S.S. Master Megabucks Champion

1st to pass the B.A.S.S. million wins threshold



Denny Brauer

1998 Angler of the Year 1999
1999 Legends Tournament Champion
1998 B.A.S.S. Master Classic Champion
Qualified for '96, '98 & '99 FLW Tour Championships
Qualified for 9 B.A.S.S. Masters Classics
1998 B.A.S.S. Angler of the Year in 1987
Joined the B.A.S.S. Millionaire Club 1997



David Fritts

97 FLW Tour Championship winner
2 FLW tournament victories
Joined the B.A.S.S. Millionaire Club 97
94 B.A.S.S. Angler of the Year
93 B.A.S.S. Master Classic Champion
Qualified for '96, '97, '99 FLW Tour Championships
Qualified for 9 B.A.S.S. Masters Classics
5 B.A.S.S. Tournament Victories

Fishing Superstars from the FLW, B.A.S.S. and Red Man Tournament Trails will be on hand to sign autographs and show off their tournament-rigged Chevy Suburbans and the Ranger Boat. This is an excellent opportunity to get some fishing tips from bassing's great ones!! Bring the whole family and help us celebrate Bass Fishing Night at Steve Moore of Belle Glade, 1700 E. Palm Beach Rd., Belle Glade, FL on Wednesday, January 26th from 6:00-8:00 p.m.

Door prizes will be given by the following sponsors:

STREN

ACDelco

Ranger
BOATS

Raytheon Electronics

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EVINRUDE

ZOOM



Gabrielle Marie Graydon

Graydon birth announced

Ronni and Jennifer Graydon announce the birth of their daughter, Gabrielle Marie Graydon. She was born Monday, Dec. 20, 1999 at 2:32 p.m. in Titusville, weighing 8 lbs., two ounces and was 19 1/2 inches long.

Paternal grandparents are Ronnie and Mirtha Graydon of Pahokee and maternal grandparents are David and Jackie Murphy of West Palm Beach.

Obituaries

Gustavo A. Torres, 55, of Belle Glade died Friday, Dec. 31, 1999 at Manatee Memorial Hospital, Bradenton. Mr. Torres was admitted to Manatee Memorial on Christmas Day, and succumbed to his injuries New Year's Eve.

Mr. Torres was born Nov. 6, 1944 in Masaya, Nicaragua and had been a resident of Belle Glade for 14 years. He was employed at Okeelana Sugar.

Mr. Torres is survived by his wife, Anna Torres of Bradenton, and two sisters, Maria Hurtado of Belle Glade and Salvadoria Bonillo of Texas.

Services for Mr. Torres were held Sunday, Jan. 9 in the chapel of Mixson Funeral Home with Pastor Rigel Zelaya officiating. Mr. Torres was returned to his home in Nicaragua for burial.

Kraemer-Mixson Funeral Home was in charge of arrangements.

Raymond Harper, 75, of Belle Glade died Wednesday, Jan. 12, 2000 at Glades General Hospital after a long illness. Mr. Harper was born in Elberton, Ga. in 1924 and moved to Belle Glade from Crescent City. He had been a resident of the Glades for 54 years. He was a dragline operator for Ranger Construction in West Palm Beach for many years and was an avid fisherman. Mr. Harper was a member of the local American Legion in Belle Glade and served in the U.S. Army Air Corps during World War II.

Survivors include his wife, Opal Christine Harper of Belle Glade; three sons, Kenneth Ray Harper of Belle Glade, Danny Merrill Harper of Ft. Lauderdale and Grover Cleveland Harper of Belle Glade; a daughter, Susan Gail Hartwick of Belle Glade; a sister, Ruth McIntosh of Bradenton; two grandchildren and one great grandchild.

Funeral services were held Saturday, Jan. 15 at Glades Funeral Chapel in Belle Glade with Rev. Alvin E. Nichols officiating. Interment followed with military honors at Port Mayaca Cemetery. Arrangements by Glades Funeral Chapel, Belle Glade.

Marjorie Nell Roberts, 71, of Clewiston, died Thursday, Jan. 13, 2000 after a long illness. She was a native of Clewiston and lifelong resident. Mrs. Roberts was the clerk for the City of Clewiston for many years and was a member of the First Baptist Church of Clewiston.

Mrs. Roberts is survived by her husband, Charles L. "Rabbit" Roberts and son Robin Roberts, both of Clewiston; a daughter, Terresa Marville of Belle Glade, and her mother, Rose Allen of Clewiston and four grandchildren.

Funeral services were held Tuesday, Jan. 18 at the First Baptist Church of Clewiston with Rev. Ken Reaves officiating. Interment followed at Ridgewood Cemetery.

Akin-Davis Funeral Home of Clewiston was in charge of arrangements.

Jews for Jesus Missionary at Community United Methodist

Gregory Savitt, a missionary with Jews for Jesus, will be guest speaker at Community United Methodist Church on Sunday, Jan. 30 at the 10:55 a.m. worship service. His topic will be "Y'shua, the Jewish Way to Say Jesus."

Greg has been a Jewish Christian since Nov. 1991. He made his decision to make "Y'shua" (Jesus) his Messiah at a concert presented by "Liberated Wailing Wall" (the mobile musical team of Jews for Jesus). His wife Denice is a Gentile Christian and shares Greg's desire to bring

the Gospel to Jewish people. They have three beautiful children: Dylan, 10, Judah, 5, and a new baby boy, Ruben.

In 1997 they left Chicago, Ill., where Greg had been employed as a Certified Public Accountant. They moved to New York City where he began a year of missionary training. After completing his training, they were assigned to the south Florida branch of Jews for Jesus. Greg now spends his time handing out broadsides (gospel tracts), speaking in churches and meeting with Jewish people

who want to know more about Jesus.

The public is welcome to attend this and all services at Community United Methodist Church. In particular, Jews who are interested in a better understanding of the Christian faith from a Jewish perspective are encouraged to visit. The Church is located at 401 S.W. First Street in Belle Glade. A nursery is provided.

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Creative people sought

The EDGE Center is looking for creative people in the Glades who would like to earn money at their craft:

Shannell Grimes, Folklife Survey Coordinator at the EDGE Center is seeking those who do woodworking, weaving, leatherworking, performing metal working, quilting, specialty/ethnic cooking, paper crafting, pottery, making, painting, needleworking or sculpting.

A meeting is planned for Tuesday, Jan. 25 at 5:30 p.m. at Palm Beach Community College, Glades Campus for those who have any of these talents.

For further information, please call Ms. Grimes at 933-3343.

Magnet Program deadline nears

The Palm Beach County School District Magnet Program application period is now open. Application deadlines for high schools is January 28 and for elementary it is Feb. 25.

For more information, to receive an application, contact Berta J. Alvarez, Gove Elementary, at 993-1922.

Free estate planning seminar Jan. 27

Florida Estate Services Attorney A. Patricia Barwick will be offering a free educational presentation on Revocable Living Trusts on Thursday, Jan. 27 at 2:30 p.m. at the Drawbridge Cafe in Belle Glade.

Issues to be discussed include Wills vs. Living Trusts, How to Avoid Probate, Conservatorship and Eliminating Unnecessary Estate Taxes.

Reservations can be made by calling (800) 874-8724.

Elections open

Elections are now in the

Calves/From Pg. 1

their navel cord cleaned and doctored immediately after birth, Eric said, or infection sets in.

The Comeau's and the Schneiders got a lot of attention for their rescue efforts after an article ran in the *Okeechobee News* and on several television stations.

After all the publicity, the Schneiders said, "Our telephone rang off hook, people calling to make donations."

They received over \$800 in donations from people from Miami to Juno Beach. Others volunteered to adopt some of the calves. Some people gave bales of hay, others gave feed.

SFWMD reports drop in phosphorus flowing into northern Everglades

For the fourth consecutive year, the South Florida Water Management District has reported a significant decline in the amount of phosphorus in the water coming off farms in the Everglades Agricultural Area south of Lake Okeechobee.

The total phosphorus reduction in the runoff was 49 percent for the period of May 1, 1998, to April 30, 1999. The state's 1994 Everglades Forever Act requires EAA farmers to reduce the total phosphorus in the runoff from their land by 25 percent each year by implementing "best management practices" (BMPs) to cleanse the water.

The annual phosphorus load reduction is calculated by comparing the current year's amount with those from the 10-year base period of 1978-1988 before BMPs were in place. The District normally releases this information in the fall;

process for the 2000 calendar year for the Palm Beach/Broward County Farm Service Agency. The committee will consist of three regular members from Palm Beach County and two from Broward. Each member represents a local administrative area.

The deadline for nominating petitions is Jan. 21 and ballots will be mailed to eligible voters by Feb. 24. The last day to return ballots is March 6.

Nominating petitions and voter's eligibility listing are available at the Farm Service Agency located at 2976 SR 15 (US 441) Belle Glade. For more information call 996-7900.

Workers needed for Census 2000

The Census 2000 Bureau is in the process of scheduling testing sites for the Glades for positions that will be available in this upcoming census. The positions are part-time and full-time, as Census takers, crew leaders and office clerks.

Anyone interested can call Belle Glade City Hall at 996-0100 and leave their name and number with the receptionist or call 1-888-325-7733 to find out how and where to apply.

Montura Fun Fest

Residents are invited to participate in the grand opening celebration of the Montura Park and Playground on Saturday, Feb. 5.

Crafters are welcome and there are flea market spaces available and collectors are also welcome.

Booth spaces start at \$10 and food booths are \$25.

The theme for this year's event is "Youth Explosion". For more information, contact Helen at 941-983-9633 or Pat at 941-983-3581.

Vendor booths available for Black Gold Jubilee

Vendor booth applications are now being accepted for the 2000 Black Gold Jubilee to be

and one man donated some fence posts.

The Schneiders also have three other calves, Spunki, Jack (short for Jack-o-lantern) who was born near Halloween and Spooky, who was born on Halloween. The calves were bottle fed by Lisa and after they were bottle broken, they moved to the Schneider farm.

Rescuing hurt or unwanted animals comes naturally to the Schneiders, who have already taken in a blind beagle and two other beagles that were going to be put down at an animal shelter. They also have a horse that Carol says was abused by its former owner, a stray pregnant cat who has since given

birth to five kittens and a bottle-fed pig called Sam. In addition, they and their four children care for several rabbits and chickens.

The Comeau's and the Schneiders decided to form a not-for-profit organization to handle all the donations and hopefully, rescue more calves.

Calve Rescue, Inc., is now off and running and the donations continue to come in.

"My wife keeps a list of people who want to adopt them after they're bucket broke," said Eric.

Anyone interested in adopting a calf or donating to the organization, can call the Schneiders at 863-467-5840.

however, agency organizational changes and time involved in data analysis caused the delay this year.

The state required BMPs to be in place by January 1995. For the last three years, EAA farmers have achieved an average 44 percent reduction over the estimated phosphorus load that would have occurred had they not implemented BMPs. For the "water year" 1999 (May 1, 1998 to April 30, 1999), they reduced the total phosphorus load by 24 percent over the state's requirement for an annual 25 percent reduction.

For "water year" 1999, 128 tons of phosphorus flowed out of the EAA basin (including farms, towns, and industry), compared with the estimated 249 tons of phosphorus had the BMPs not been implemented. Similarly, pre-BMP average concentrations of 173 parts per billion now average 107 parts per billion during the last three-year period with the BMPs in place, says the

held April 15.

Applications may be obtained from the Belle Glade Chamber of Commerce, by mail at P.O. Box 733, Belle Glade, FL 33430, or by calling 993-3343. The deadline for applications is March 31, 2000.

Red Cross needs volunteers

The American Red Cross Glades Area Branch is looking for residents of the Glades area to get involved with various programs and services offered by the American Red Cross.

For more information contact your local American Red Cross at 992-9703.

Bingo every Tuesday

The Paupers Elks Lodge, East Main Street, offers bingo every Tuesday evening at 7 p.m. at the Lodge.

For more information call the Lodge.

Applications being accepted for PEPPi Head Start

PEPPi Head Start, 200 Southwest 9th Street, Belle Glade, is now accepting applications for three and four year olds for the 1999-2000 school year.

There is no cost and children with disabilities are welcomed.

For more information call 996-1718.

Activities for seniors open and free

Glades residents 65 years old and older are invited to participate in activities held daily at the West County Senior Citizen Center, 2916 St. Road 15, Belle Glade.

Administrator Effie McNair said many fun activities are scheduled for the participants, including a birthday cake and punch party held the last Friday of each month.

Fire prevention and safety classes can be held in Seniors' homes and free blood pressure screening is offered.

For more information or

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District.

The District is preparing an analysis and summary of the overall phosphorus loads to the Everglades from all sources, which will be included in the Everglades Agricultural Area BMP annual report to be published in the spring of 2000.

"While the latest phosphorus measurements continue to show great progress in reducing the loads in EAA runoff, we still have a long way to go," says Frank R. Finch, P.E., District executive director. "We at the District are committed to doing everything we can to ensure we and our partners remain vigilant in delivering clean water to the Everglades as part of the overall restoration.

For our six required stormwater treatment areas, are complete, and two are already on-line. These STAs will work in conjunction with the BMPs to deliver even cleaner water to the northern Everglades in the future."

Sugar farmers urge approval of governor's budget to fund Florida's share of Everglades Restudy project

Florida's sugar farmers praled Gov. Jeb Bush's proposed budget for Everglades restoration, which would fund Florida's partnership share of the Everglades Restudy project.

"The budget proposed by Gov. Bush will fully fund Florida's share of this complex 20 year project without creating new taxes for Floridians," said Robert H. Baker Jr., senior vice president of U.S. Sugar Corp. "It will meet the schedule as outlined in the conceptual

Restudy Plan which we support and will assure that Florida's Everglades will be restored and preserved for future generations. It should be among the first actions of the Florida Legislature this coming session. We need to move forward without delay and securing the funds was the biggest obstacle."

The governor has done his part, now it is up to the Florida legislature and Congress to do theirs," Baker said action on the governor's

budget also, "will be a strong signal to Congress of Florida's commitment to Everglades restoration and will be the beginning of an effort to convince Congress to quickly pass its share of the project funding."

"Once we know we have the money we can move quickly to design, project authorization and construction. We hope the Corps of Engineers sets a world record for the speed of completion of these projects," Baker added.

Belle Glade Elks "Hoop Shoot"

Southeast District winners advance

The Belle Glade Elks "Hoop Shoot" finalist will advance to the Miami Regional competition. The winners of the Southeast District Elks National Free Throw Contest "Hoop Shoot" has ended.

The first place winners are: 8-9 Girls, Vionna Brown, Belle Glade.

8-9 Boys, Jacob Lauver, Okeechobee.

These finalists competed with students from West Palm Beach Lodge #1352, Paupers Lodge #1638, Belle Glade.

Lodge #1716, Clewiston Lodge #1853, Jupiter Lodge #2469, Okeechobee Lodge #2558, Lantana-Boynton Lodge #2676 and Palm Beach West Lodge #2785.

The first place winners will advance to the next level of competition in Miami, January 22 at 9 a.m.

Belle Glade Elks members are very proud of these athletes

Couples' Adjustment to Retirement Shouldn't Rattle the Nerves

She's been getting up every morning at 5:30 a.m. for 23 years to fix his 6:30 breakfast. He's been heading out to his job as a high school basketball coach for just as many years. Recently, however, he opted for early retirement and while she is thinking it's finally okay to sleep in a little later, his biological alarm clock just keeps right on clangng around 6 a.m. every morning.

Traditionally, this is the way we know retirement. The sandwich generation, those who take care of children and parents concurrently, however, may be spending their retirement years a little differently. According to Radford University social work instructor Jane Roberts, the adjustment to a change in roles and household activities does not have to, rattle the nerves of a happily married couple. While Roberts believes that current trends reveal it's less likely couples are living out the fairy tale of spending more time with the grandkids, sitting on their front porches and traveling the world, it still can be an exciting time in a couple's life.

"Retirement can be very rewarding and fulfilling for a couple. They just have to realize there are adjustments coming."

Those who have identified themselves with the job or have held their jobs in high esteem and part of their identity, find it harder to retire. It doesn't matter if they're a blue or white collar worker and it doesn't matter if they were a traditional mom and housewife.

If they felt their jobs were part of their identity, it's going to be hard for them to retire," Roberts notes.

The spouse will soon realize that there is much more than just an "empty nest" syndrome.

Be assertive. If you need time alone, tell the other person I

need time alone."

Trust your own children's instincts. Children of retiring couples know the strengths and weaknesses of their parents; they can encourage them to get involved in activities where they can most benefit and receive the most personal self reward.

Don't use something to stay busy. Be helpful. Volunteering in schools, retirement communities, day care centers or hospitals may be the answer. It's always good to know you're needed.

Realize the marriage is still a partnership and not about power differences. If the wife keeps working after the husband retires, the husband needs to know that's okay. Women are simply living longer and they feel like doing more because they're healthier than ever before," says Roberts.

Don't fixate on changing the behavior of your spouse. Willing compromise can effectively smooth out the differences in adjustment. Roberts suggests good, simple communication. If you need time alone, don't say "You're always in my face."

Psychologists stress that humor can also be the spice that both livens and eases the adjustment process for retirees. Taking a walk on the mild side sometimes make couples see things in a different light and brings to realization that their differences are no

Lordy, Lordy...



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